



## PSALM 23

**Turn challenges  
into opportunities**

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**THIS CHAPTER** was composed by King David after emerging unscathed from a threatening situation. David compares God's care for him to the attention a shepherd pays his flock. Just as a shepherd tends to his sheep even during the most difficult of times, so too, does God care for His children under the most challenging of circumstances.

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**1 A song** by David: God is my shepherd—He cares for my every need just as a shepherd does for his flock. Therefore, I am certain that **I will not lack** anything. **2 He lays me down in comfortable, grassy pastures, and He leads me peacefully alongside calm waters**—as a shepherd leads his flock. **3 He restores calm to my soul; He leads me along the paths of righteousness for the sake of His Name,** so that I will not stumble.

**4 Even when** I am in grave danger, when I walk in the valley of Death's shadow, I will not fear that bad will befall me, because **You are with me.** Both **Your punishing rod**—when You afflict me with suffering—and **Your supportive staff**—when You show me kindness—**comfort me,** because they teach me that my life is not left to chance. **5 You set a table filled with delicacies before me in front of my oppressors,** so that they will see my

א **מְזִמּוֹר** לְדוֹד,

יְהוֹה רְעִי לֹא אַחְסֵר:

ב בְּנֵאוֹת דָּשָׂא יִרְבִּיצְנִי,

עַל־מִי מְנַחֹת יִנְהַלְנִי:

ג נִפְשִׁי יִשׁוּבָב,

יִנְחֲנִי בְּמַעְגְלֵי־צֶדֶק

לְמַעַן שְׁמוֹ:

ד גַּם כִּי־אֵלֶיךָ | בְּגִיא

צִלְמוֹת לֹא־אִירָא רָע,

כִּי־אֶתָּה עִמָּדִי,

שְׁבִטְךָ וּמִשְׁעֲנֹתְךָ

הִמָּה יִנְחֲמֵנִי:

ה תִּעְרֹךְ לְפָנַי |

שְׁלַחַן נֶגְדַּי צִרְרִי,

honor. **You have anointed my head with oil** to make me king, and **my cup is full** with everything I need.

**6** From now on, may **only goodness and kindness pursue me** all the days of my life, and may I **sit in the House of God** and serve Him peacefully **for many long years.**



דְּשַׁנַּת בְּשֶׁמֶן רֵאשִׁי,  
כּוֹסֵי רוּיָה:

וְאֵךְ טוֹב וְחֶסֶד  
יִרְדְּפוּנִי כְּלֵי־יָמֵי חַיִּי,  
וְשִׁבְתִּי בְּבֵית יְהוָה  
לְאֶרֶךְ יָמִים:

